



Atlantic Mackerel

Scomber scombrus

General Characteristics:

Atlantic Mackerel are a blue-green pelagic fish with a silvery white underbelly. They are found on both sides of the Northern Atlantic ocean and can live up to 20 years. Atlantic Mackerel have rich, distinct flavor with a darker, soft flaky meat. They make for excellent bait as their firm skin allows them to withstand many conditions that other baits fall apart under.



Fishing Season: Available Year-Round

Grade: Food or Bait

Origin: USA, Canada, Iceland, Ireland, Norway, Faroe Islands, Scotland, Spain, France

Size: U100g, 100/200g, 200/300g, 300/500g

Pack Style: Block Frozen, IQF

Nutritional Value:

Serving Size 100g

Calories: 201

Total Fat: 13.6g

Saturated: 3.2g

Monounsaturated: 5.4g

Polyunsaturated: 3.3g

Cholesterol: 69mg

Sodium: 88mg

Total Carb: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 18.2g

Calcium: 12mg

Iron: 1.6mg